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WAR FOOD ADMINISTRATION
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Quantity Methods for Serving Potatoes

The Irish potato is one unrationed food that is popular, nutritious, and can be served in many ways to give variety and satisfaction to wartime meals.

The potato has sometimes been taken for granted without due recognition of its importance to our well-being. It deserves to be featured on menus and used more often in soups, chowders, salads, as a meat extender, as well as with meat or meat alternates.

Thanks to the American farmer, there will be plenty of potatoes this year for everyone who wants to enjoy them once or twice daily.

The stacks of potatoes in storage at the beginning of the year are ample to supply every possible demand until the new potato crop is available to provide the great bulk of potatoes for market. No conceivable increase in civilian consumption is likely to cause a repetition of the temporary potato famine that occurred in the spring of 1943, although transportation difficulties might conceivably create localized shortages.

The National Research Council, in suggesting a dietary pattern to furnish its recommended dietary allowances, advises one or more servings of potatoes daily.

When carefully prepared, an average serving (one-third of a pound) of the Irish potato can provide as much as one-fifth of the daily requirement of ascorbic acid (vitamin C) as well as one-tenth of the daily requirement of iron.

The vitamin C content of potatoes as served may vary widely because of storage and different methods of preparation. The mode of preparation is most important.

The best methods of cooking potatoes, listed in the order of their vitamin C retention, are: steaming whole unpeeled potatoes, baking in the skin, steaming without skin, and boiling.

Preparation processes which increase vitamin C losses are long soaking of pooled or sectioned potatoes, dicing potatoes finely before cooking, mashing, and slicing, and holding cooked potatoes longer than half an hour before serving.

Cooking losses of vitamin C:

Steamed, nonpeeled	- very little loss
Baked in skin	- about 20 percent loss
Steamed without skin	- about 50 percent loss

Holding losses of vitamin C (in addition to cooking losses):

Steamed, nonpeeled, held up to 1 hr.	- little loss
Baked in skin, held 1/2 hr.	- 15-20 percent loss
Steamed, without skin, held 1/2 hr.	- 25 percent loss
Mashed	- up to 90 percent loss soon after mashing

Methods of Using Potatoes to Extend Meats

Use with small amounts of fish and meat. Some examples of such dishes are:

Fish cakes made with mashed potato
Scalloped potatoes with diced frankfurters
Scalloped potatoes with hard-cooked eggs and cheese sauce
Stewed beef, lamb, or veal with potatoes and other vegetables
Potato chowder

Varied Methods of Preparing Potatoes

Steamed whole potatoes in jackets
Baked potatoes
Whole-potato steamed potatoes
Parsley buttered potatoes
Boiled potatoes
Scalloped potatoes with ham or other smoked meats
Creamed new potatoes
Oven-browned potatoes
Mashed potatoes
Hot potato salad
Cold potato
American fried potatoes (sliced raw)
Creamed new potatoes and green peas
Hashed brown potatoes
Potato patties

Suggested Main Course Combinations (Lunch or Dinner) Using Potatoes

Fish

Codfish cakes with egg sauce, boiled potato, scalloped tomatoes
Creamed fish, baked potato, buttered broccoli
Fried fish with lemon, creamed new potatoes, stewed tomatoes

Poultry

Creamed chicken, baked potato, buttered peas, raw carrot strips
Chicken fricassée, parsley buttered potatoes, green peas
Roast chicken with dressing, steamed potato with gravy, baked squash, cranberry jelly

Meat

Corned beef, boiled potato, boiled cabbage
Corned beef hash with potatoes, creamed cauliflower, carrot sticks
Meat balls, baked potato, cabbage and carrot salad
Braised short ribs, browned potatoes, buttered kale
Roast pork, browned potatoes, buttered Swiss chard
Sausage cake, baked potatoes, young beans and greens
Stuffed lamb breast, boiled potatoes, spinach
Veal stew with vegetables, boiled potatoes, raw vegetable salad

Variety Meats

Braised liver with whole carrots, onions and potatoes, tossed green salad
Creamed sweetbreads, baked potato, fresh fruit salad

Eggs

Spanish omelet, baked potato, buttered greens

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Quantity Recipes for Potatoes

BROWNED POTATOES - 100 servings

Ingredients	Measure	Weight
Potatoes, peeled		35 lbs.
Beef fat		1 lb.
Salt	3/4 cup	
Paprika	1/3 cup	

Method of Preparation:

1. Dip potatoes in melted beef fat.
2. Drain off excess fat and place in baking pan.
3. Sprinkle with salt and paprika.
4. Bake about 2 hours in oven at 350° F.
5. Shake pan occasionally to baste the potatoes.

HOT OR GERMAN POTATO SALAD - 100 servings

Ingredients	Measure	Weight
Potatoes		25 lbs.
Celery, sliced	2 quarts	
Onion (Bermuda or Spanish), chopped		2 lb.
Chopped parsley		2 oz.
Bacon, finely cut, cooked		2 lb.
Salt	2/3 cup	
Black pepper	1 teaspoon	
Vinogar	2 cups	
Water	1 1/2 cups	

Method of Preparation:

1. Cook potatoes in jackets, peel, and slice while warm.
2. Mix potatoes, celery, onion, and parsley together.
3. Cook bacon, chop, and add it with the fat to the remaining ingredients and pour them over potato mixture.
4. Cover the salad and let stand 30 to 40 minutes to season.
5. Serve hot.

SCALLOPED POTATOES - 100 servings, 6 oz. each

Ingredients	Measure	Weight
Potatoes, raw, sliced		20 lbs.
Milk	1 1/2 gal.	
Butter or fortified margarine		1 lb.
Flour		8 oz.
Salt		8 oz.
Onion grated		8 oz.
Buttered crumbs		1 lb.

Method of Preparation:

1. Scald the milk.
2. Melt the butter or vitamin A fortified margarine, stir in the flour and add to the scalded milk.
3. Cook from 7 to 10 minutes.
4. Add the grated onion and salt.
5. Grease 4 scalloping or steam-table pans, 9" by 9", with drippings.
6. Cover with a layer of potatoes and then with one of white sauce.
7. Add another layer of potatoes and sauce.
8. "Butter" the crumbs with melted fat, stir until well coated.
Sprinkle over the potato mixture.
9. Bake about 1 1/2 hours in a moderate oven until brown.

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CODFISH BALLS - 100 servings

Ingredients	Measure	Weight
Boneless salt cod		8 lb.
Potatoes, raw weight		20 lbs.
Eggs	16	
Butter or fortified margarine		$\frac{1}{2}$ lb.
Pepper	1 teaspoon	
Flour	2 cups	

Method of Preparation:

1. Wash codfish in water to remove excess salt.
2. Place in cold water and then heat to the simmering point.
3. Pour off the water, cover again with cold water, and heat to the simmering point.
4. Repeat this process if necessary to remove excess salt.
5. Cut fish into small pieces with scissors.
6. Steam potatoes in jackets, peel, and mash.
7. Add beaten eggs, melted butter, pepper, and flaked codfish, and beat until fluffy.
8. Form into 3-ounce fish balls (200), using a number 16 scoop.
9. Roll lightly in flour and chill.
10. Fry in deep fat at 380° F or in shallow fat in a skillet.
11. Drain on soft unglazed paper.

SCALLOPED POTATOES AND HAM - 100 servings

Ingredients	Measures	Weight
Ham, $\frac{1}{2}$, cubed		10 lbs.
Sliced raw potatoes		25 lbs.
Flour		1 lb.
Salt		1 oz.
Pepper		$\frac{1}{2}$ oz.
Pork drippings		1 lb.
Milk	2 gal.	

Method of Preparation:

1. Put a layer of sliced potatoes in the bottom of oiled baking pans.
2. Mix the flour, salt, and pepper together, and sprinkle over the potatoes; dot with pork drippings.
3. Add a layer of cubed ham and pour milk over the top.
4. Repeat to fill the pans, topping with a layer of potatoes.
5. Bake in a moderate oven (350° F) for $1\frac{1}{2}$ hours or until the potatoes are tender and browned on top.

PARSLEY-BUTTERED, STEAMED POTATOES - 100 servings

Ingredients	Measure	Weight
Potatoes, pared		30 lbs.
Butter or fortified margarine		1 lb.
Salt		4 oz.
Parsley, chopped	$1\frac{1}{2}$ cups	

Method of Preparation:

1. Steam the potatoes until tender.
2. Place them in the containers in which they are to be served and pour salted melted butter over them.
3. Sprinkle with parsley.
4. Shake gently to distribute parsley and butter evenly.

1/ Sliced frankfurters or cubed bologna may be substituted for ham.

CREAMED NEW POTATOES - 100 servings

Ingredients	Measure	Weight
Potatoes, peeled		30 lb.
Salt	2 2/3 tablespoons	
White sauce:		
Milk	1 1/2 gal.	
Flour		1/2 lb.
Salt		2 oz.

Method of Preparation:

1. Cut the potatoes to an even size. Steam until tender.
2. Sprinkle 2 2/3 tablespoons of salt on top of potatoes.
3. Scald the milk.
4. Melt fat, stir in flour, and when well blended, add to scalded milk, stirring vigorously.
5. Cook from 7 to 10 minutes.
6. Add the 2 ounces of salt.
7. Combine cooked potatoes and white sauce.

